

Action Line

652-4636 commander.action@nellis.af.mil



Col. Andrew Dichter
99th Air Base Wing commander

Nellis' Action Line is your direct line to the 99th Air Base Wing Commander, Col. Andrew Dichter. If you have worked through normal channels and are not satisfied with the answer, the Action Line is your opportunity to ask questions or make suggestions about subjects of concern to the Nellis community. Please leave your name and phone number in case more specific information is required. You may also use our e-mail address: commander.action@nellis.af.mil. Action Lines of general interest will be published in the *Bullseye*; others will be answered by phone. Remember, the quickest and most efficient way to solve a problem is to talk directly to the office that is responsible. This gives them a chance to help you and perhaps improve the process.

Useful phone numbers

BX Customer Service.....	644-2044
Commissary.....	643-7919
Child Development Center I.....	652-4241
Child Development Center II.....	652-5885
Finance (Military Pay).....	652-4844
Fitness Center.....	652-6433
Housing Maintenance.....	652-1847
Hospital Appointment Desk.....	653-2778
Hospital Information Desk.....	653-2222
Legal Office.....	652-4213
Mountain View Dining Facility.....	652-4764
Public Affairs.....	652-2750
Safety.....	652-7604
Security Forces.....	652-2311
TRICARE.....	653-2500

Backing into the base



I am calling with a better way to do business at Nellis.

I have been here about five years and the

I Street gate is always closed at 1 a.m. and open at 5 a.m. on week days. I have called in twice over the past five years to ask if this can be changed.

With the overwhelming growth behind the base on Sunrise Mountain, it is clear we have a lot of traffic coming down Nellis Blvd. The housing there has probably increased 100 percent in the past five years.

A good example would be this week when we had night flying. Aircraft aren't down until midnight and we are here to support those aircraft. Then flying begins again early in the morning. I am not just talking about the few people that come in.

Shutting that gate down for four hours is only saving one person four man-hours and inconveniencing many.

A survey could be taken at the main gate and ask if they would use the I Street gate.



I appreciate your interest in improving things at Nellis. The topic of installation gates in light of security forces

manning and high Optempo are matters of significant concern to me and the entire Air Force.

Installation commanders have been directed to minimize gate manning. It is costly in terms of manpower and adds to the burden of base security. In light of this, and consistent with your action line input, we have looked at all gates at Nellis. The operational hours of the I Street or Tyndall gate has received considerable attention in the past year. Currently, we operate six installation gates with various operating hours.

The main gate is the only entry control point open 24 hours a day, seven days a week. AFI 31-209/The Air Force Resource Protection Program states each installation will "Operate only the minimum number of perimeter gates required for operational needs."

We conducted surveys of inbound and outbound traffic at I Street gate for one week periods in

October, November and December 1998. We conducted the surveys during times in which flag, Air Warrior, and base CSORE exercises were occurring in order to ensure an accurate representation of traffic during these peak times. As expected, the number of vehicles departing the base significantly decreased after normal duty hours.

When the gate is closed, it adds approximately one to two minutes of travel time for people entering or departing the installation. We concluded we could better use the I Street gate guard as an extra patrol during the night hours instead of as a gate guard monitoring sparse traffic.

It also eases the burden on our heavily tasked Security Forces. The January 1999 Installation Security Council, chaired by the 99th Air Base Wing Vice Commander and comprised of representatives from units throughout the base, concurred with our conclusion and authorized the current gate hours.

We regret your inconvenience, but we're confident we're using our resources in the best possible way to keep the base secure.

57th Wing sortie board

	Eagle	Falcon	Strike	Thunder	Viper	Jolly	Predator
Contracted for month	259	306	133	192	290	120	50
Sorties flown thru June 27	214	229	95	152	225	118	19
Monthly deviation	-6	-29	-24	-5	-22	11	-24
Deviation for year	72	-91	2	7	22	126	-62

CORRECTIONS

The **BULLSEYE** wants to correct errors published in the paper as soon as possible. If you believe incorrect information has been published, call the public affairs office at 652-5814.

Nellis Air Force Base Editorial Staff

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Editorial content is edited, prepared and provided by the Air Warfare Center Public Affairs Office.

The deadline for article submissions to the *Bullseye* is 10 duty days for major story ideas and eight duty days for news brief information before publication unless otherwise noted. Articles must be typed and double spaced. Also include a name and a phone number of a person to contact should questions arise. Stories should be submitted directly to the *Bullseye* Office in Bldg. 620, or call 652-9839 or 652-5814. Stories can be mailed to AWC/PAI, Nellis AFB, NV 89151-5000.

All material is edited for accuracy, brevity, clarity and conformity to regulations. All photos are property of the U.S. Air Force unless otherwise stated. For advertising information call 383-0388 for display ads or 383-0383 for classified ads.

The delivery of the *Bullseye* to Nellis on-base family housing is provided free of charge by the LAS VEGAS REVIEW-JOURNAL, 1111 W. Bonanza Rd., Las Vegas, NV. 89106

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Nellis news

Orientation cancellation

The American Red Cross will not hold orientation today, but will resume July 16 at 10 a.m. in Bldg. 625, Room 1227.

For more information about volunteer opportunities, call 652-2106.

Safety class changes

Due to recent changes in the motorcycle safety course class scheduling system, everyone waiting to attend either the Experienced Riders Course or the Beginners Riders Course, should pick up the new registration letter from the Safety Office.

People will now take this letter, along with their military I.D. or civilian government I.D. to the Community College of Southern Nevada and sign up for the courses at the college. This new process will reduce the waiting period to attend these courses.

The Safety Office will still fund the course for applicants IAW AFI 91-207.

Failure to attend or complete the course will result in total reimbursement of the course cost by

the applicant, and he or she will have to reschedule and pay for the make-up course.

For more information, call the Safety Office at 652-2140.

Veteran meeting

Jewish War Veterans Post 30 will meet at 10 a.m. Sunday at Sunrise Mountain View Hospital at Tenaya and Cheyenne Streets. The Ladies Auxiliary will meet at the same time and place. Snacks will be served at 9:30 a.m. Guests and prospective members are welcome.

For more information, call Mitch Kuhn at 228-5612.

AFSPA meeting

The Silver State chapter of the Air Force Security Police Association will meet July 20 in Bldg. 1100. Membership is open to anyone who has or still serves in the security forces field. New and prospective members are invited.

For more information, call Jon Mehringer at 639-6046.

Dangerous soils

The Public Health Flight would

like to remind pregnant women that there is a risk of contracting Toxoplasmosis, a disease that can cause mental retardation and eye infections in newborn babies, when working in outdoor garden soil.

For more information, call 653-3351.

Toastmasters

The Nellis chapter of the International Toastmasters Club meets from 7:30 to 8:30 a.m. every first and third Tuesday at Bldg. 625, Room 1228 (Manpower/Quality classroom). Toastmasters International is the leading organization devoted to making effective oral communication a worldwide reality by helping people master the arts of speaking, listening and thinking.

For more information, call Staff Sgt. Chris Anderson at 652-5279.

Reserve briefings

A *Palace Chase Air Force Reserve briefing* will be held at 2 p.m. Thursday and July 22 in Bldg. 20, Room 202.

People who have a separation date of more than a year from now and are interested in separating early are encouraged to attend this briefing first.

For more information, call 652-9073.

A *Palace Front Air Force Reserve briefing* will be held at 1 p.m. Thursday and July 29 in Bldg. 20, Room 319.

For more information, call 652-4806.

CASA volunteers wanted

The Court Appointed Special Advocate for Children Program is in need of volunteers. The program is especially in need of men and people who are bilingual. This program advocates for abused and neglected children in the foster care system.

For more information, call Denice Franklin at 455-4306.

Hazmat seminar

The quarterly hazardous material awareness seminar will be held at the Recycling Center, Bldg. 461 from 8 to 10 a.m. July

16. Limited seating is available for the first 30 people who register. To register, call 652-6410.

Dental fee increase

Beginning Aug. 1, the premium rates for the TRICARE Family Dental Plan will increase.

The new rates for single premium is \$8.53 and \$21.33 for family premium.

The new rates will be deducted automatically from the sponsor's July end of month Leave and Earning Statement.

For more information, contact the Military Personnel Flight customer service section at 652-9073.

Water conservation

In the desert environment, conserving water is important year-round. However, it is critical in the summer. From now until Sept. 30 odd numbered buildings will water on odd numbered days and even numbered buildings will water on even numbered days.

No watering will be allowed from 10 a.m. to 7 p.m. Normally, 20 minutes is long enough to water an entire lawn.

Advertisement

List

Continued from Page 1

38 considered for a 65.8 percent select rate.

— BSC - 39 officers selected from 66 considered for a 59.1 percent select rate.

— NC - 62 officers selected from 130 considered for a 47.7 percent select rate.

Selection statistics above-the-promotion zone for lieutenant colonel:

— Line - 48 officers selected from 1,424 considered for a 3.4 percent select rate. Pilot select rate was 2.8 percent, navigators 3.0 percent, non-rated operations 2.7 percent and mission support 4.4 percent.

— Chaplain - 0 officers selected from 24 considered for a 0.0 percent select rate.

— JAG — 2 officers selected from 31 considered for a 6.5 percent select rate.

— MSC — 3 officers selected from 18 considered for a 16.7 percent select rate.

(See — BSC - 4 officers selected from 63 considered for a 6.3 percent select rate.)

— NC - 9 officers selected from 84 considered for a 10.7 percent select rate.

Selection statistics below-the-promotion zone for lieutenant colonel:

— Line - 136 officers selected from 3,871 considered for a 3.5 percent select rate. Pilot select rate was 5.4 percent, navigators 1.8 percent, non-rated operations 3.4 percent and mission support 2.7 percent.

— Chaplain - 1 officer selected from 56 considered for a 1.8 percent select rate.

— JAG — 0 officers selected from 104 considered for a 0.0 percent select rate.

— MSC — 3 officers selected from 83 considered for a 3.6 percent select rate.

— BSC - 4 officers selected from 179 considered for a 2.2 percent select rate.

— NC - 7 officers selected from 293 considered for a 2.4 percent select rate.

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July 4 extravaganza at Freedom Park



Deonte King has his face painted by members of the 99th Security Forces Squadron.



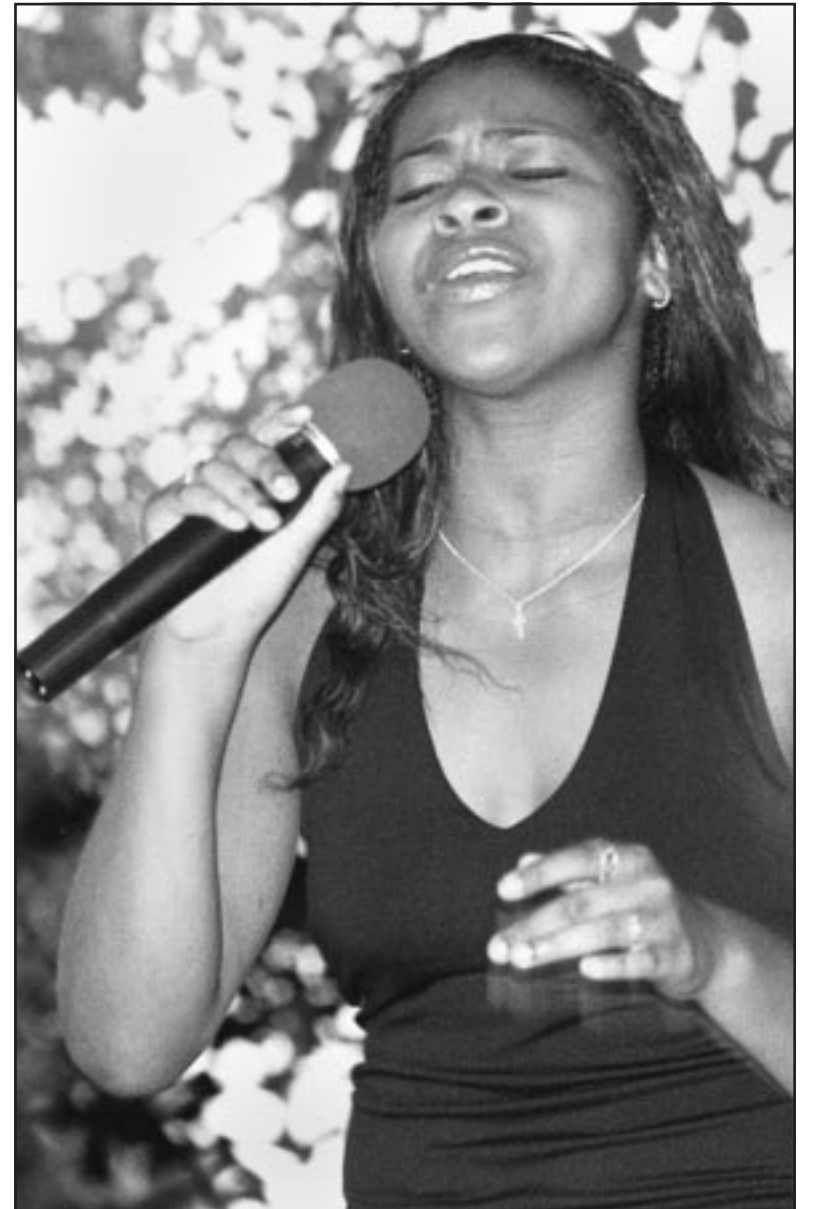
More than 8,000 people attended the July 4 celebration.



Mr. Bart Verdirame and Mr. Gary Patton, Grucci Fireworks contractors, align fireworks in preparation for the July 4th display.



Members of the JAZZ youth group, Danielle Ralls, Carisa Chapman and Christina Patrick, salute proudly.



Photos by Mr. John Broussard

Ms. Serena Henry, vocalist, sings "Have You Ever" during the July 4th celebration.

C-17 proves its worth in Allied Force

By 1st Lt. Dave Huxsoll
Aeronautical Systems Center
Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — The C-17 Globemaster III proved its worth in Operation Allied Force, accounting for about 75 percent of the operation’s strategic airlift mis-

sions, while comprising less than 15 percent of Air Mobility Command’s strategic airlift fleet. “It has become the airlifter of choice,” said Col. Ted Bowlds, director of the C-17 System Program Office here. “Our customers are very satisfied, and commanders are demanding more and more of it.”

The C-17 SPO is procuring 120 of the new heavy lifters for the Air Force. The Air Force has taken delivery of 51 aircraft. As of June 29, C-17s from Charleston Air Force Base, S.C., have flown 1,092 missions into the theater, with a departure reliability rate of 96 percent. These include the

initial deployment of warfighters and equipment; deployment of Apache attack helicopters and their support units to Albania; providing supplies to Kosovar refugees in Albania; deployment of peacekeepers to Kosovo, and the ongoing re-deployment of forces from allied bases in Europe.

Col. Bowlds said three factors account for the aircraft’s success in Allied Force, and related operations in the Balkans: high payload capacity; ability to land on short, austere airfields; and ground maneuverability. “The C-17 can carry four times

See C-17 on Page 17

Advertisement

AF features Y2K public home page

SCOTT AFB, Ill. (AFPN) — The Air Force’s Year 2000 Office wants you to visit its public Internet site. The site provides the latest information on Air Force Y2K efforts.

The Y2K web site provides information on the progress of the Air Force’s efforts to get ready for Year 2000 rollover events. It contains articles and updates on a variety of activities. There are also answers to frequently asked ques-

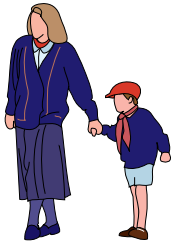
tions, general status information and phone numbers for points of contact.

Air Force officials encourage people to visit this site often for the most up-to-date information on Air Force Y2K efforts, status, and testing results.

“The bottom line is the Air Force is going to be 100 percent mission ready Jan. 1, 2000,” said Brig. Gen. Gary Ambrose, director of the AF Y2K Office.

Nellis moms, a group for moms and their children, offers activities on and off base, play groups, babysitting co-op and support for moms and fun for children.

For more information, call 643-2702 or 431-8230.



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DON'T BE SNOWED. BE IN THE KNOW.

STRAIGHT TALK LINE 652-4038

Straight Talk is a rumor control line activated during times of crisis.



Don't drink and drive!

Advertisement

Fluid replacement vital part of exercise routine

By Mr. Kevin Pitt
Health and Wellness Center

When the temperature rises above 100 degrees in Las Vegas, the only real means your body has to cool itself is through the evaporation of sweat.

Ensuring adequate fluid intake before, during and after physical activity is important.

“While small amounts of dehydration will cause a decrease in exercise performance, larger amounts place an individual at risk for conditions such as heat stroke,” said Mrs. Laura Weart, Health and Wellness Center director.

The American College of Sports Medicine has guidelines for fluid intake. “Let’s say you’re going to go for a long run after work,” Mrs. Weart said. “First, make sure you drink adequate fluids throughout the day. About two hours before the run, you should drink approximately 2 cups of fluid. That’s about one normal-sized bicycle water bottle.”

During the run, drink early and often. Remember that thirst is not a good indicator of how much fluid is needed. Many studies have been done where people have had easy access to fluid, but did not take enough to prevent dehydration.

According to Mrs. Weart, the exact amount of fluid needed during an exercise bout depends on the intensity of the effort and the environment.

“If you can’t carry the water with you, plan a route that goes by a water fountain or stash a water bottle along the route,” Mrs. Weart said. “Make time to drink.”

Since the majority of the weight lost while exercising in the heat is water weight, one should take in 16 ounces of fluid for every pound lost. Beverages that contain sodium, such as sports drinks, rehydrate quickly.

“A cool drink is absorbed faster than a warm one,” said Mrs. Weart. “People tend to drink more if the drink is

See Water on Page 17



Photo by Staff Sgt. Robert J. Kloos

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C-17

Continued from Page 9

the payload of a much smaller C-130, yet land in the same area, airfields as short as 3,000 feet,” the colonel explained. It also has the ability to move in confined areas. Unlike any other large transport aircraft, the Globemaster III can back up and turn around, much like an automobile. “These are all features designed into the aircraft,” he said.

Also, the C-17 does not have to be reconfigured to off-load different types of cargo. All cargo and equipment can be rolled directly off the aircraft. This means that C-17s have about three times the “through-put” of similar heavy-lift aircraft. A single C-17 can carry al-

most three times as many tons per day as other similarly sized transport aircraft.

All C-17 aircraft flying into the area were equipped with protective crew armor, developed by the SPO in less than two weeks, when the Air Force first began operations in Bosnia in December 1995. Col. Bowlds said the SPO responded to an increased demand for the armor by increasing its buy of ship sets.

Almost all of the Air Force’s 50 C-17s were involved in the Balkan operation. Military planners were able to use as many of the aircraft as they did, thanks in large part to streamlined management and manufacturing approaches developed by the SPO and Boeing, the aircraft’s manufacturer. As of June,

39 C-17s have been delivered consecutively ahead of schedule.

As many as 20 C-17 missions were being flown into Albania each day. “One aircraft was flying operational missions within two days of being delivered to the Air Force,” Col. Bowlds added.

Col. Bowlds said that the Kosovo crisis not only highlighted the value of the C-17, but also provided an opportunity to make improvements. “Our challenge is to continue delivering a weapons system in which crews are confident, and that maintains a high mission-capable rate,” he said.

Water

Continued from Page 14

flavored as well.”

According to Mrs. Weart, water is ideal for shorter exercise sessions lasting 30 minutes to an hour, but sports drinks are ideal for longer workouts because they contain carbohydrates for energy.

“Since alcohol and caffeine are both diuretics, they are a bad choice when exercising,” Mrs. Weart said. “Most carbonated sodas contain carbohydrates in the

form of sucrose. This can interfere with the rapid absorption of the water content of the beverage. And unless you have a stomach for sodas during activity, you would be better off with another choice.”

According to Mrs. Weart, if fruit juice is the beverage of choice during exercise, it is a good idea to dilute it.

“The fructose in juice can hinder the fast absorption of water,” she said. “It is probably best to drink juice after exercise when rapid rehydration is not as important for performance as during activity.”

Advertisement

																			
May 14 Kimberly and Tech. Sgt. Chauncey Shingles, daughter, Mia Grace, 6 pounds, 10 ounces, 19 inches		June 3 Tracy and Denny Symes, daughter, Isabella Raven, 6 pounds, 11 ounces, 19 inches Laura and Richard Quinteros, son, Mason Malcolm, 8 pounds, 3 ounces, 21 inches Rosheka and Airman 1st Class Leon Polk, son, Leon Cornelius III, 7 pounds, 7 ounces, 20 inches		June 4 Ann and Capt. Danny Riley, son, Ryan Wilson, 8 pounds, 7 ounces, 20 inches		June 5 Debra and Tech. Sgt. Rick McNeil, daughter, Larissa Grace,		7 pounds, 12 ounces, 20 inches June 8 Tanya and Airman 1st Class Anthony Mosher, daughter, Teagan Brianne, 7 pounds, 8 ounces, 20 inches June 9 Terra and Senior Airman Scott Wech, son, Nathaniel Ryan, 8 pounds, 7 ounces, 21 inches Catherine and Capt. Clayton Perce, son, Michael Richard, 8 pounds, 5 ounces, 21 inches June 10 Terri and Roderic Hill, daughter, Camielle Bernice-Deneane, 6 pounds, 1 ounce, 19 inches		June 11 Staff Sgt. Yvette Eid, daughter, Breeana Marie, 7 pounds, 15 ounces, 21 inches June 12 Lisa and Airman 1st Class Kris Robertson, son, Austin James, 7 pounds, 12 ounces 20 inches Ann and Senior Airman Carl Schuett, daughter, Grace Katherine, 9 pounds, 1 ounce, 20 inches June 17 Ginger and Staff Sgt. Willi Gruetzenbach, daughter, Katie Lauren, 7 pounds, 11 ounces, 21 inches		June 18 Airman 1st Class Shamika and Quincy Webb, son, Quvonee RoShone, 8 pounds, 14 ounces, 21 inches Airman 1st Class Tricia and Kenneth Heasley, son, Dillon Thomas, 7 pounds, 10 ounces, 19 inches June 24 Maria and Jerles Lilly, son, Hunter Cole, 9 pounds, 7 ounces, 20 inches June 25 Shylah and Airman 1st Class Arthur Dennis, son, Lamar							
May 15 Airman 1st Class Latrisha Thomas, daughter, Patience Ariyana-Renee, 6 pounds, 8 ounces, 21 inches																			
May 16 Delan and Airman Basic Howard Brown, son, Camron Michael, 8 pounds, 7 ounces, 20 inches Jennifer and Airman 1st Class Darryl Balch, daughter, Aryanna Elaine, 6 pounds, 4 ounces, 18 inches Carol and Master Sgt. Derold Martin, daughter, Willow Paige, 6 pounds, 12 ounces, 18 inches																			
May 24 Nancy and Senior Airman Danny Annis, son, Austin Xavier, 6 pounds, 13 ounces, 20 inches																			
May 25 Valorie and Michael Parker, son, Michael Rayan, 8 pounds, 9 ounces, 19 inches Aleisha and Airman 1st Class Scottie Boyd, daughter, Savannah Lorice, 7 pounds, 15 ounces, 19 inches																			
May 27 Teresa and Tech. Sgt. Tom Carpenter, daughter, Kasey Rhiann, 4 pounds, 5 ounces, 17 inches																			
May 28 Lisa and Capt. Byron Love, son, Larsen Kinstler, 10 pounds, 3 ounces, 22 inches Lisa and Airman Joshua Blacketer, daughter, Illeana Rose, 7 pounds, 13 ounces, 21 inches																			
June 1 Senior Airman Elisabeth Wells, son, Robert Andrew, 7 pounds, 2 ounces, 19 inches																			

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Newborns

Continued from page 18

Mitchell, 7 pounds, 8 ounces, 19 inches

June 26

Michelle and Staff Sgt. Chad Curtiss, son, Matthew Connor, 10 pounds, 1 ounce, 22 inches

Lowanna and Senior Airman Michael Hasenauer, son, Joseph Michael, 7 pounds, 12 ounces, 20 inches

Amy and Staff Sgt. Seeraj Jagannath, son, Braden Eric, 7 pounds, 8 ounces, 19 inches

June 27

Barbara Dixon, daughter, Theresa Ann, 6 pounds, 14 ounces, 18 inches

Dawn and Staff Sgt. Charles Williams, daughter, Allison Nichole, 9 pounds, 9 ounces, 21 inches

June 28

Shirley and Staff Sgt. Carmelo Cruz, daughter, Camrynne Shaye, 6 pounds, 15 ounces, 18 inches

Connie and Senior Airman Chad White, son, Collin John, 7

pounds, 4 ounces, 19 inches

June 29

Senior Airman Christina and Daniel Simmons, daughter, Kiersten Baley, 7 pounds, 4 ounces, 19 inches

July 1

Sandra-Dee and Tech. Sgt. Michael Fleming, son, Duncan Caelan, 6 pounds, 15 ounces, 19 inches

Advertisement

Valley news

Spring Mountain Ranch State Park
875-4141

Art Show - 6 to 8 p.m. Wednesday through July 17. Watercolors and oil paintings will be on exhibit on the east side of the Ranch House.

Southern Nevada Photography Exhibit - 6 to 8 p.m. July 21 through 24. Photographs will be on exhibit on the east side of the Ranch House.

Southern Nevada Phtography Exhibit - 6 to 8 p.m. July 29 through 31. Photographs will be on exhibit on the east side of the Ranch House.

Reed Whipple Cultural Center
821 Las Vegas Blvd., North
229-6211

Young Artists Recital Series - Recitals will be held at 2 p.m. Aug. 7, 14 and 21. Teenagers will be performing

20 minutes of music in an intimate concert setting.

Family to Family Connection Center
1807 W. Charleston Blvd.
383-7058

Baby Play Group - 10:30 a.m. to noon, today, July 16, 23 and 30. Each week will offer an opportunity for parents to interact with their baby in ball play, fingerplays, songs and activity play. The program is designed to help new parents.

Make Your Own First Aid Kit - 2 to 3:30 p.m. July 22. The center will supply everything needed to make a first aid kit.

CPR - 6 to 10 p.m. July 29. The center takes care of your baby while parents learn CPR

Lake Mead Recreation Area
293-8990

Fishing contest, Callville Bay

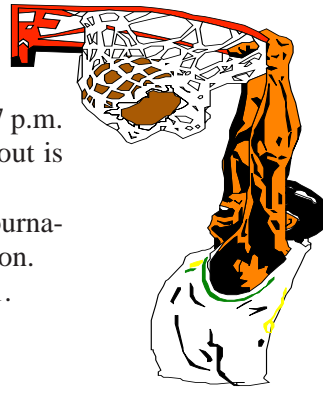
- Sept. 10 through 15. WON Bass. (619) 442-9711.

Southern Nevada Musical Arts Society
451-6672

Season auditions - 7 to 9:30 p.m., starting Aug. 29 at the University of Nevada, Las Vegas Alta Ham Fine Arts Bldg., Room 147. The program ranges from major orchestral to Broadway.

Advertisement

Basketball tryouts



Tryouts for the Nellis Men's Varsity Basketball Team will be held at 7 p.m. at the Sports and Fitness Center Wednesday through July 16. The tryout is open to active-duty members and their family members.

This team will represent Nellis in the upcoming summer basketball tournament Aug. 6 through 8 and during the upcoming varsity basketball season.

For more information, call the Sports and Fitness Center at 652-4891.

Advertisement

At the movies

Unless otherwise indicated, all show times are at 7 p.m. with Saturday matinees at 1 p.m.

Today

ELECTION (R)

Matthew Broderick, Reese Witherspoon

Jim McAllister, a popular teacher at George Washington Carver High School loves making a difference in his students' lives. He's about to put his reputation and his career on the line for a student election.

Strong sexuality, sex-related dialogue, language and a scene of drug use.

Saturday, Sunday & Monday

ENTRAPMENT (PG-13)

Sean Connery, Catherine Zeta-Jones

An insurance investigator poses as a master thief so she can catch the legendary thief, Robert MacDougal. As their mutual

attraction and distrust grows, together they plan a heist on the eve of the new millennium.

Some language, sensuality, violence and drug content.

Closed Tuesday & Wednesday

Thursday & July 16

A MIDSUMMER'S NIGHT DREAM (PG-13)

Kevin Kline, Michelle Pfeiffer

In this adaptation of William Shakespeare's magical comedy, at the turn of the 19th century in Tuscany, nobles venture into the lush countryside and are bedeviled by the mischievous sprites who rule the natural world.

Sensuality and nudity.

July 17, 18 & 19

NOTTING HILL (PG-13)

Julia Roberts, Hugh Grant

Anna Scott is the world's most famous movie star. William Thacker owns a travel bookstore. When Anna and William's paths cross in the neighborhood of Notting Hill, romance is the last thing on their minds.

Sexual content and strong language.

Theater closed July 20 & 21

July 22 & 23

THE MAXTRIX (R)

Rev Keanu Reeves, Laurence

Fishburne

In a universe run by computers, human beings are used as batteries for bio-electrical energy to fuel the artificial intelligence known as the Matrix. The Matrix has created a virtual reality to make its inhabitants think they are living happy, creative productive lives.

Sci-fi violence and language.

July 24, 25 & 26

INSTINCT (R)

Anthony Hopkins, Cuba Gooding Jr.

Held captive in a brutal prison for the criminally insane, primatologist Ethan Powell, who has not spoken in years, is sent to psychiatrist Theo Caulder, who must try and unlock the dark mystery from the mind of what appears to be a madman.

Some intense violent behavior.

Theater closed July 27 & 28

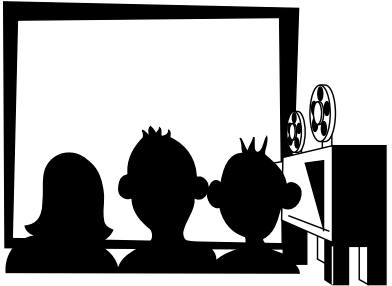
July 29 & 30

THE THIRTEENTH FLOOR (R)

Armin Mueller-Stahl, Craig Bierko

Business tycoon Hannon Fuller's mysterious death reveals his double life that veers between two parallel worlds, one real and one computer-simulated, one in 1937 Los Angeles and one in present-day Los Angeles.

Violence and language.



Advertisement

Bowling Center 652-2160**Bowling for bucks**

If you aren't bowling, you can't win. The promotion is a great way to spend quality time with friends and family, and get some exercise too. The next cash drawing is July 30.

Chapel 652-2950***Catholic worship schedule*****Daily Mass**

11:30 a.m. Monday through Friday

Saturday

4:30 p.m. reconciliation

5 p.m. Mass

Sunday

9:45 a.m. and 12:30 p.m. Mass

Protestant worship schedule**Sunday**

8 a.m. gospel service

11:15 a.m. traditional service

Revelation study

Officers' Christian Fellowship is beginning a weekly study in Revelation from 6 to 7:30 p.m. Sunday in base housing.

For more information, call Sean Perkins at 643-5739 or Jim Dutton at 648-3841.

Women's Bible study

A women's Bible study from noon to 1 p.m. every Wednesday at the Chapel Annex, Rooms 8 and 10. Supervised child play is provided.

For more information, call Sheryl Decker at 652-3055.

Education Center 652-5280**Air Command & Staff College**

Air Command and Staff College announces its seminar program for 1999-2000. Majors, major selectees and Department of Defense civilians GS-11 and above are eligible to enroll in this program. Enrollment is required by July 2.

For more information, call 652-9405.

Study skills class

A study and test-taking skills class will be held from 8:30 to 11:30 a.m. July 8 and 9. Sign up in advance or call the Education Center.

Counseling services

Community College of Southern Nevada is now offering counseling services at Bldg. 20, Room 318.

For more information or to register, call 652-5527.

Tuition assistance

Everyone receiving tuition assistance must have a TA form filled out and approved prior to enrollment in any class. Failure to do so will result in being fully responsible for the entire amount.

U of Oklahoma

The University of Oklahoma is accepting applications for the Master of Public Administration degree program.

For more information, call 652-9453, or stop by the Education Center.

Air War College

The Air War College nonresident studies seminar program is open to active duty, Guard and Reserve colonels, lieutenant colonels and lieutenant colonel selectees and civilian employees GS-13 and above.

The Education Office is now taking enrollment applications, available at <http://www.au.af.mil/au/awc/enrolppr.htm>.

CCSN summer schedule

The Education Office has schedules available for Community College of Southern Nevada on-base classes. Registration is on-going until July 16.

Embry-Riddle registration

Registration for the fall term is scheduled from July 26 to Aug. 6. For more information, call 652-9409.

Family Support Center 652-3327**Predeployment briefing**

Get information that can make deployments easier to cope with at 9 a.m. every Monday. Spouses are encouraged to attend.

Ready, set, grow

This workshop is designed for parents with children ages 3 to 36 months. Meet with other parents from 10 to 11 a.m. Mondays and share parenting information. Children can learn socializing skills as well.

Intro to career focus

Gain general employment information about the local area and get registered in the local job bank 9 to 10:30 a.m. every Tuesday.

In and out budget

Bring a calculator and a record of monthly expenses for budget training from 2 to 4 p.m. Monday.

Saturday job market

The FSC is accepting applications for Saturday Job Market on an ongoing basis. SJM is a tuition-free employment training program designed to teach computer skills required to be placed in a job. Training will be on base and done by the Community College of Southern Nevada. Stop by the FSC to pick up an application.

Preparations for parenthood

This series of five sessions is for new parents, parents-to-be, or veteran parents who would like refresher training. Offerings include: caring for a newborn, breast-feeding, child safety, infant CPR, budgeting for a baby and child development. Class two will be held from 6 to 8:30 p.m. Monday.

Opportunity for volunteers

Family Services is an all-volunteer organization that provides support and assistance to people at Nellis. Volunteers are needed to staff the office from 9 a.m. to 2 p.m. Monday through Friday. Free child care is provided for volunteers at the Child Development Center.

For more information, call the FSC.

Careers in public safety

This seminar, scheduled from 9 to 11 a.m. Tuesday, will have representatives from public safety agencies talking about opportunities available in public safety careers.

Become an entrepreneur

Maria Sotero, a successful entrepreneur, will share advice for building a business from 9 a.m. to noon Wednesday at the FSC.

SPAN meeting

Single Parents at Nellis will meet from 11:30 a.m. to 1:30 p.m. Wednesday in the Health and Wellness Center classroom to exchange recipes.

Operation smooth move

This class, from 2 to 4 p.m. Thursday, is for anyone who is moving. Questions about PCSing may be answered without contacting separate agencies.

Hearts Apart

The Hearts Apart support network will meet from 6 to 7:30 p.m. Thursday in the chapel basement. Hearts Apart is a base-wide meeting for family members of active-duty who are deployed, TDY or on remote. Children are welcome and dinner will be served.

Health & Wellness Center 653-3376**PACE**

People with Arthritis Can Exercise is an activity designed to sustain and improve joint mobility, tone muscles, improve posture and relaxation through gentle, voluntary exercise in a

group setting. The next classes are schedule from noon to 1 p.m. Tuesday and Thursday.

Web page

The HAWC web site is 99mdg.nellis.af.mil/hawc1.htm.

Massage therapy

The HAWC offers full massage and back rub therapy. Appointments are available from 9:30 a.m. to 4 p.m. Tuesdays and Wednesdays and 9:30 a.m. to 3 p.m. Fridays. Prices range from \$5 to \$22 for back rubs and \$25 to \$45 for table massages. Call the HAWC for an appointment.

Outdoor Recreation 652-8967**Black Canyon trip**

Outdoor Recreation will host a Black Canyon Canoe Trip July 17. This popular adventure will begin below the Hoover Dam and continue 13 miles down the Colorado River to Willow Beach. Bring your camera and be prepared to take photos of wildlife and fantastic scenery. The group will stop at a sauna cave, hot springs and beaches along the way. Cost for the trip is \$35 per person and includes a packed lunch.

Tickets & Tours 652-2192**One-day Magic Mountain tour**

The Information, Tickets and Tours office has a one-day trip to Magic Mountain July 24. Cost is \$65 per person, and \$60 for children under 48 inches of height.

Veterinary Office 652-8836**Appointments**

Available appointment dates for the Veterinary office are: Friday, Tuesday, July 16, 20, 23, 27 and 30. Call 652-2230 for appointment times. Remember, do not leave your pet in an unshaded yard or a parked car during the hot weather. It could be fatal for your animal and is illegal.

Youth Center 652-9307**Youth basketball**

The Youth Program's basketball starts Saturday. Come support your youth, or favorite team. Applebee's and the Coca-Cola bottling company of Las Vegas sponsor youth basketball.

Thunder teen lock-in

The Thunder teens will have a lock-in July 24 from 9 p.m. to 7 a.m. the following morning. The lock-in is open to teens 13-18. Cost is \$5 for members, and \$10 for nonmembers.

Soccer registration

The Youth Program will begin accepting Soccer registrations July 30. The Program is open to 4-15 year olds. Cost is \$30. Items necessary for participants include a current membership card, proof of age and a current sports physical. Stop by the Youth Center to pick up a registration card. Applebee's and the Coca-Cola bottling company of Las Vegas sponsor youth soccer.

Free Youth Camps

The Youth Center's Travel Camp, Ceramic Camp and Bowling Camp are all free! These Camps are Congressionally funded and give participation priority to the children of deployed parents, then the children of parents who have been on a duty-related separation of 15 days or more in the past year. The camps are open to other youngsters, if there is space after these groups have been served.

Advertisement

Dietary supplements may build better warriors

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPN) — Science fiction stories often feature “super soldiers” designed to fight in interplanetary wars. These super warriors can survive in all climates and atmospheres. They can go farther, take more pain, have better eyesight and are stronger than ordinary people.

No one in the Defense Department is designing a super soldier, but many are working to give all U.S. service members an edge over any potential adversary. One way to do that is by supplementing their diets.

This is not new, said Mr. Harris R. Lieberman, deputy chief of military nutrition and biochemistry at the U.S. Army Research Institute of Environmental Medicine in Natick, Mass. The institute does research for all service branches.

“The military has always looked at ways to improve service members’ nutrition,” he said. Meals Ready to Eat rations deliver about 4,000 calories a day if the service member eats everything on the menus. For one reason or another, however, that often doesn’t happen.

“Service members need the calories,” Mr. Lieberman said. It’s no secret carbohydrates provide energy and increase a person’s endurance. “But what we’ve found is, soldiers in combat and other high stress situations just don’t eat enough. The problem has always been how to get a supplement to [service members] when they need it.” Taste and convenience count.

So Natick researchers at the institute and Army Soldier Systems Center developed the HooAH bar and ERGO drink, Lieberman said. The two are food supplements that will be available this year at many military installations and could be added to future MRE

ration packs. ERGO, for “Energy Rich Glucose Optimized,” is a powdered drink that comes in orange, lemon, lemon-lime, raspberry and tropical punch flavors. Mixed with 12 ounces of water, a serving delivers 170 calories.

HooAH bars weigh 2.3 ounces each and come in cranberry- raspberry, raspberry, chocolate, peanut butter and apple- cinnamon flavors. Depending on the flavor, a bar pro-

vides 250 to 290 calories. members provides a better mix of carbohydrates and other nutrients.

The institute is also studying caffeine supplements. “We’re finding it might sharpen mental abilities, but researchers are still examining the data,” Mr. Lieberman said.

Researchers may develop a caffeine supplement, but if they do, it would be clearly labeled — as all supplements are. It would not just be added to an current product. “We

Those they believe that need more research include:

Androstenedione — This gained notoriety last year when St. Louis Cardinals slugger Mr. Mark McGwire said he used it.

Androstenedione is related to testosterone and alleged by proponents to help build muscle bulk and strength. A recent small, controlled test reported June 2 in the Journal of the American Medical Association showed no such effects — though researchers noted some of the male subjects experienced increased female hormone levels in the blood and decreased “good” cholesterol levels. Long-term effects: uncertain.

Ginseng — The ginseng root has been a versatile herb in traditional Chinese medicine for thousands of years. Asians call it the “panacea” or “elixir of life.” Proponents claim it increases resistance to disease; stimulates and improves the work of brain cells; prevents headaches, fatigue and exhaustion; and stimulates circulation and the functions of the endocrine glands. Verdict: Jury’s out.

Ginkgo biloba — This herbal product is alleged to improve mental facility and recall and to have beneficial effects on the circulatory system, particularly among the elderly. Studies have shown it can help in treatment of their short-term memory loss, headache, ringing in the ears and depression by improving blood flow in the arteries and capillaries. Verdict: Jury’s out.

Ephedrine — Prescribed to relieve symptoms of bronchial asthma, chronic bronchitis and emphysema. Ephedrine is related to amphetamines and sometimes used in diet pills. Both long-term use and overdose can be toxic, however, and some medical studies have implicated ephedrine and its derivatives in cases of brain hemorrhages and strokes. Ephedrine can be dangerous, and is banned or restricted by at least 20 states.

“We’re finding it might sharpen mental abilities, but researchers are still examining the data.”

Mr. Harris R. Lieberman, deputy chief of military nutrition and biochemistry at the U.S. Army Research Institute of Environmental Medicine

vides 250 to 290 calories.

Mr. Lieberman said the institute proved ERGO enhances a service member’s physical performance. “We did a study with the 75th Rangers at Fort Lewis [Wash.]. We set up a simulated mission,” he said. “The Rangers did a road march with full rucksacks and after that a three-mile run.”

After the run, the Rangers rested for a few hours and then did another three-mile run. The run time for a group drinking ERGO was 21 minutes 4 seconds. A control group drinking a placebo finished in 22 minutes 15 seconds. “So on average, those with the drink beat the other group by more than a minute,” he said.

Rangers also helped the institute test the HooAH bar. Results of the test in Savannah, Ga., aren’t back yet, Mr. Lieberman said. The HooAH bar is a bit like commercial “power” and “energy” bars, he said, but the researchers are confident their formula for service

don’t want people who can’t sleep because they ate caffeinated rations,” he said.

The institute also looked at creatine, an amino acid found naturally in the body and in meat. Many body builders use creatine supplements, he said, and institute testing has found they can significantly increase muscular performance.

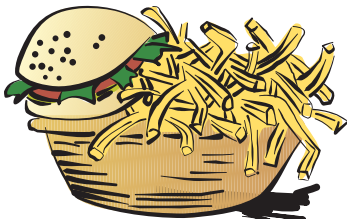
“I think this needs to be studied further,” Mr. Lieberman said.

Many people in the United States are supplementing their diets with over-the-counter pills, potions and miracle herbs of the moment. The institute is not examining them, Mr. Lieberman said, because researchers are “conservative” about what they introduce into military members’ diets. A supplement may be popular, but that doesn’t make it safe or effective, he noted.

Even though Americans can buy many supplements over the counter, researchers encourage service members to avoid some.

Grub Hub July 10 - 16

Bowling Center 10:30 a.m.-2 p.m.		Enlisted Club 11 a.m.-1:15 p.m.		Golf Course Breakfast 5:30-10:30 a.m. Lunch 10:30 a.m.-3:00 p.m.		Officers' Club 11 a.m.-1:15 p.m.		Time Out 11 a.m.-7:30 p.m.	
Monday	Swiss cheese and mushroom burger	Monday	Yankee pot roast with julienne vegetables	Saturday	"S.O.S." with one egg and coffee	Monday	Bratwurst with sauerkraut	Monday	Spaghetti or tacos
Tuesday	Chicken sandwich	Tuesday	Chicken Teriyaki bowl	Sunday	Chicken-fried steak and eggs and coffee	Tuesday	Meat loaf	Tuesday	Potato Grande or BLT Basket
Wednesday	Steak and cheese sandwich	Wednesday	Sub sandwich day			Wednesday	Curried chicken with rice	Wednesday	Santa Fe Burger or Small Nacho Grande
Thursday	Ham and turkey sub	Thursday	Cajun gumbo or prime rib	Monday	Swiss Mushroom burger with fries	Thursday	Lasagna	Thursday	Meatball Sub or #1 Potato with side salad
Friday	Fish basket	Friday	Catfish and hushpuppies	Tuesday	Meatball Sub with chips	Friday	Baked white fish or Oriental bar	Friday	Shrimp basket or one-topping personal pizza or shrimp and fish basket
All specials include fries and a small drink.		Lo-cal salads available daily.		Wednesday	Corned Beef on Rye with chips	Sandwich of the week: Cuban sandwich, on a roll.		All specials, except Monday, include soda with free refills.	
				Thursday	Club Sandwich with chips				
				Friday	Fish and chips				
				Monday through Friday, all specials include a medium drink. Afternoon special: Hot dog, bag of chips, 16-oz. soda.					



1999 Junior Goodwill Games winners

Swimming

1st- Russell E. Wells

Basketball

8-9 Division

1st- Ashley King

10-11 Division

1st- Colin Pretlow
2nd-Troy Collins
3rd- Marlon Williams

12-13 Division

1st- Thomas Pretlow
2nd- Ryan Sours
3rd- Ryan Rice

Track and Field

8-9 Division

1st- Antoinetta Kent
2nd- Nicole Jackson
3rd- Ashley King

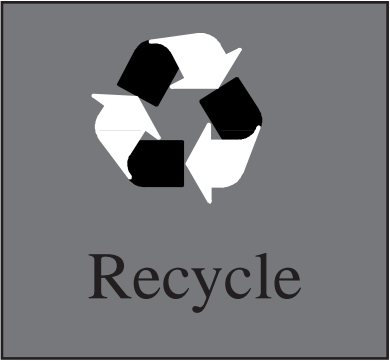
10-11 Division

1st- Marlon Williams

2nd- Troy Collins
3rd- Colin pretlow
1st- Lena Jones
2nd- Erica Kent

12-13 Division

1st- Dominic Brown
2nd- Thomas Pretlow
3rd- Carlos Portis



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